Football Practice Calendar – August/September 2020

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 16 | 17  OTA Day  Conditioning | 18  OTA Day  Conditioning | 19  OTA Day  Conditioning | 20  Conditioning | 21  Conditioning | 22  Conditioning |

**August 17 – 22**

**(**Cohorts of 15) Coaches are permitted to hold organized team activities (OTA) on August

17, 18, and 19. OTA days allow coaches an opportunity to distribute equipment, review play books,

discuss safety and locker room procedures, etc. Please refer to the football packet for a full description

of what is, and what is not, allowed on OTA days. Any OTA experience must maintain proper social

distancing and all participants (student-athletes and coaches) must wear masks during these

non-exertional activities. During the week of August 17 – 22 conditioning may continue as it is currently

occurring and should be for no more than 60 minutes per day\*. Additionally, from August 17 forward, football coaches

are permitted to schedule online/virtual meetings with student-athletes to review game film, playbooks, or teach skill

specific content.

\*We understand that some coaches have been conditioning for 90 minutes but the medical doctors believe that everyone should begin formal conditioning for 60 minutes to account for those student-athletes who have not attended all conditioning sessions.

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| 23 | 24  30 Minutes Conditioning  /30 Minutes Skill Work-  Only Hemets | 25  30 Minutes Conditioning/30 Minutes Skill Work- Only Helmets | 26  30 Minutes Conditioning/30 Minutes Skill Work-Helmets/Shoulder Pads | 27  30 Minutes Conditioning/30 Minutes Skill Work- Helmets/Shoulder Pads | 28  30 Minutes Conditioning/30 Minutes Skill Work- Helmets/Shoulder Pads | 29  30 Minutes Conditioning/30 Minutes Skill Work  Helmets/Shoulder Pads |

**August 23 – 29**

(Cohorts of 15) 1-hour practices comprised of 30 minutes of conditioning and 30 minutes

of skill work. Skill work is non-contact and maintains a social distance of 6 feet for all participants. Footballs can be used

during the skill work portion of practice. Additional time can be spent with student-athletes online to review game

film, playbooks, etc.

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| 30 | 31  Pads  45 Minutes Conditioning  /45 Minutes Skill Work | 1  Pads  45 Minutes Conditioning  /45 Minutes Skill Work | 2  Pads  45 Minutes Conditioning  /45 Minutes Skill Work | 3  Pads  45 Minutes Conditioning  /45 Minutes Skill Work | 4  Pads  45 Minutes Conditioning  /45 Minutes Skill Work | 5  Pads  45 Minutes Conditioning  /45 Minutes Skill Work |

**August 30 – Sept 5**

(Cohorts of 15) 90-minute practice comprised of 45 minutes of conditioning and 45

minutes of skill work. **Skill work can involve 15 minutes of contact intended to demonstrate and teach**

**tackling and blocking progressions**. Beginning August 31, pads may be worn.Additional time can be spent with

student-athletes online to review game film, playbooks, etc.

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6 | 7  45 Minutes Conditioning  75 Minutes Skill Work  Pads | 8  45 Minutes Conditioning  75 Minutes Skill Work  Pads | 9  45 Minutes Conditioning  75 Minutes Skill Work  Pads | 10  45 Minutes Conditioning  75 Minutes Skill Work  Pads | 11  FULL TEAM  45 Minutes Conditioning  75 Minutes Skill Work  Pads | 12  FULL TEAM  45 Minutes Conditioning  75 Minutes Skill Work  Pads |

**Sept 6– 12**

**(Cohorts of 15 through September 10th; full team may gather on Sept 11)** 2-hour practices

comprised of 45 minutes of conditioning and 75 minutes of skill work. **Skill work can involve 30 minutes**

**of contact intended to demonstrate and teach tackling and blocking progressions.** The remaining 60

minutes of skill work is non-contact and maintains a social distance of 6 feet for all participants.

Additional time can be spent with student-athletes online to review game film, playbooks, etc.

**Sept 14 – Nov 15**

(Full team; a full contact scrimmage may take place as of Sept 18.) 2-hour practices.

Coaches should be aware of student-athletes’ conditioning level and account for additional progressions

on an individual basis. Full contact should be limited to the time necessary to teach appropriate tackling

and skill specific technique, but in any case, may not exceed 10 minutes per day per athlete.

Sept 24 – Nov 15 games may be played.